



Resource 16-1: Anticipated Early Childhood Development Milestones

Age	Motor, reflex	Social-interpersonal
Newborn	Moves all extremities Reacts to sound by blinking, turning Well-developed sense of smell Preference for higher-pitched voices Reflexes Tonic neck Palmar grasp Babinski response Rooting awake and sleep Suck	Able to be calmed by feeding, cuddling Responds to cries of other neonates Reinforces presence of developmental tasks seen in exam room
1–2 months	Lifts head Hold head erect Follows objects through visual field Moro reflex fading	Spontaneous smile Recognizes parents
3–5 months	Reaches for objects Brings objects to mouth Raspberry sound Sits with support Rolls back to side	Laughs Recognizes food by sight
6–8 months	Sits briefly without support Scoops small object with rake grip; some thumb use Hand-to-hand transfer	Recognizes “No”
9–11 months	Stands alone Imitates peek-a-boo Picks up small object with thumb and index finger Cruises	Follows simple command such as “Come here.”
12–15 months	Walks solo Neat pincher grasp Place cube in cup Tower of two bricks Scribbles spontaneously	Indicates wants by pointing Hands over objects on request

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Age	Motor, reflex	Social-interpersonal
15–20 months	Points to several body parts Uses a spoon with little spilling Walks up and down steps with help	Understands two-step commands Feeds self Seats self in chair Carries and hugs doll
24 months	Kicks ball upon request Jumps with both feet Developing handedness Copies vertical and horizontal line	Washes and dries hands Parallel play
30 months	Walks backwards Hops on one foot Copies circle	Gives first and last name
36 months	Holds crayons with fingers Walks down stairs alternating steps Rides tricycle Copies circles	Dresses with supervision
3–4 years	Responds to command to place object in, on or under a table Draws circle when one is shown	Takes off jacket and shoes Washes and dries face Cooperative play Knows gender
4–5 years	Runs and turns while maintaining balance Stands on 1 foot for at least 10 seconds Counts to 4 Draws a person without torso Copies + by imitation	Buttons clothes Dresses self except tying shoes Can play without adult input for about 30 minutes Verbalizes activities to do when cold, hungry, tired
5–6 years	Catches ball Knows age Knows right from left hand Draws person with 6–8 parts including torso	Able to complete simple chores Sense of gender Identifies best friend Likes teacher
6–7 years	Copies triangle Draws person with at least 12 parts Prints name Reads multiple single syllable words Counts to 30 or beyond	Ties shoe laces Generally plays well with peers No significant behavioral problems in school Names intended career

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Resource 16-1: Anticipated Early Childhood Development Milestones (cont.)

Age	Motor, reflex	Social-interpersonal
7–8 years	Copies a diamond Able to read simple sentences Draws person with at least 16 parts	Ties shoes Knows day of the week
8–9 years	Able to add, subtract, borrow, carry	Understands concept of working as a team Able to give response to question such as what to do if an object is accidentally broken

Sources: Feeney, S., Fitzgerald, M. Pediatric Physical Assessment Cue Cards, North Andover, MA: Fitzgerald Health Education Associates.

Duderstadt, K. Pediatric Physical Examination, St. Louis: Elsevier Health Sciences.